

Community Health Center Newsletter

NOVEMBER 2014 ISSUE

A time will come when the whole world will go mad. And to anyone who is not mad they will say: "You are mad, for you are not like us."

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Seven Grandfather Teachings

The Creator gave seven Grandfathers, who were very powerful spirits, the responsibility to watch over the people. The Grandfathers saw that people were living a hard life. They sent their helper to spend time amongst the people and find a person who could be taught how to live in harmony with Creation. Their helper went to the four directions to find a person worthy enough to bring to the Grandfathers.

While the boy was traveling with Otter they were visited seven times by spirits who told them about the gifts. Here is what they said:

- * To cherish knowledge is to know wisdom;
 - * To know love is to know peace;
- * To honor all of Creation is to have respect;
 - * Bravery is to face the foe with integrity;
- * Honesty in facing a situation is to be brave;
 - * Humility is to know yourself as a sacred part of Creation;
- * Truth is to know all of these things.

Otter returned to his friend, who, because of all the time spent in the spirit world, was now an old man. The Old Man gathered all the people around and told them of his journey to the Seven Grandfather's lodge. He explained how to use the gifts. He explained that the opposite of any of the gifts would lead to ruin. He gave them the understanding of opposites. It was now up to the people to follow the path laid out before them. The Old Man gave them all they needed for the development of the spiritual side of life.



Limitations live
only in our
minds. But if we
use our
imaginations,
our
possibilities
become
limitless.



Diabetes Symptoms



November is National Diabetes Month. Do you have Diabetes? Do you know it?

The following symptoms of diabetes are typical. However, some people with Type 2 diabetes have symptoms so mild that they go unnoticed. Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes.

The Diabetes Risk Test asks you to answer a few quick questions about weight, age, family history and other potential risk factors for prediabetes or Type 2 diabetes.

Your results are reported as a score indicating low or high risk for developing Type 2 diabetes.

Common symptoms of diabetes are:

- ◆ Urinating often
- ◆ Feeling very thirsty
- ◆ Feeling very hungry—even though you are eating
- ◆ Extreme fatigue
- ◆ Blurry vision
- ◆ Cuts/bruises that are slow to heal
- ◆ Weight loss—even though you are eating more



2014 Annual Healing Fire

Leo LaFernier Jr. hosted the annual Red Cliff Community Healing Fire, which was sponsored by the Red Cliff Community Health Center and ECC's project LAUNCH. The day began with a blessing and fire. There was a community walk/run, followed by speakers and a community feast. The night ended with a jingle dress dance. We had over 75 participants on the beautiful fall day!

Diabetes in our community

Diabetes is one of the leading causes of disability and death in the United States. One in 12 Americans has diabetes – that's more than 25 million people. And another 79 million adults in the United States are at high risk of developing type 2 diabetes.

To raise awareness about diabetes and healthy living, Red Cliff Community Health Center is proudly participating in American Diabetes Month. Locally, live with or are at

risk of diabetes.

If you are overweight, have high blood pressure, or are age 45 or older, you are at higher risk of developing type 2 diabetes. The good news is that making healthy changes can greatly lower your risk. To help prevent type 2 diabetes:

- * Watch your weight.
- * Eat healthy.
- * Get more active.

For more information, call the Red

Cliff Community Health Center at 779-3707.



"Livings with diabetes is like living with a tiger. If you feed it, groom it, never turn your back on it; you can live with a tiger. If you neglect it; it'll pounce on you and rip you to shreds."

BBQ Chicken Pizza

Serve this pizza with a big garden salad, drizzle with Ranch dressing. It's quick, easy and budget friendly. Prep Time: 25 minutes

Nutrition Facts

Serving Size: 1/8 of pizza

Calories 155

Carbohydrate 22 g

Protein 11 g

Fat 3.5 g

Saturated Fat 1.4 g

Sugar 4 g

Dietary Fiber 3 g

Cholesterol 20 mg

Sodium 315 mg

Potassium 190 mg

Ingredients

Cooking spray

1/2 pound boneless skinless chicken breast

1/4 teaspoon ground black pepper

1/4 cup sugar-free apricot preserves

1/4 cup barbeque sauce

1/2 teaspoon hot sauce

1 (12-inch) pre-packaged whole wheat Italian pizza crust

1/2 medium red onion, thinly sliced

1/2 cup shredded cheese

1/2 teaspoon dried oregano

Instructions

Preheat the oven to 375 degrees F.

Spray a baking sheet with cooking spray. Season the chicken with salt and pepper on both sides. Place the chicken on the prepared baking sheet and bake for 25 minutes or until the juices run clear. Remove

the chicken from the oven and chop into half-inch pieces. In a small saucepan, combine the apricot preserves, barbeque sauce, and hot sauce. Bring to a boil.

Spoon the sauce over the pizza crust.

Top the crust with cooked chicken, sliced onion, and cheese. Sprinkle the cheese with the dried oregano.

Bake the pizza for 20-25 minutes or until the cheese is melted and bubbly.

RECIPE COST: \$9.94

This Recipe Serves 8



Winter Squash with Oat and Walnut Crumble Topping



Ingredients

2 (12-ounce) packages frozen mashed winter squash, thawed

1/2 teaspoon cinnamon

Crumble Topping

1/4 cup walnuts, chopped

1/4 cup oats

1 tablespoon trans-fat free margarine, diced

2 tablespoons Splenda Brown Sugar

Instructions

Preheat the oven to 400 degrees F.

In a small bowl mix together the squash and cinnamon. In another

small bowl, mix together the crumble topping, using your hands. Pour the squash into a round baking dish. Spread the crumble topping evenly over the squash. Bake for 20 minutes..



“We are
breastfeeding
because we
cant afford
not to”



WIC Infant Nutrition

By: Gabrielle Gordon

Parents can start incorporating solid foods into their baby's diet when the baby turns 6 months old. At this age, the baby should develop these important eating skills which includes opening their mouth as a indication of being hungry, being able to put their lips over a spoon of food, keeping food in their mouth once it enters and being able to shallow it, and turning their head away from food to show that their appetite has gone away. Two foods to introduce along with the mother maintaining breastfeeding/infant formula are infant cereals and pureed baby foods.

For infant cereals, it may be wise for parents to give their baby rice cereal specifically since that type

of infant cereal is one that is easy for babies to digest. In order to make infant cereal, an appropriate way to do it, is to take 1 table-spoon of the dry infant cereal and

mix it with 4 tablespoons of either breast milk or infant formula. Parents should encourage their baby to try the infant cereal once or twice each day and as the baby gets the hang of eating, parents

can begin to make the cereal thicker by adding less breast milk/infant formula to it. Infant cereal should always be fed to a baby

using a bowl and spoon, as using a bottle to feed a baby infant cereal could result in the baby either eating too much of it or lead to them choking on the cereal.

For pureed baby food, it is im-





WIC Infant Nutrition Continued

By: Gabrielle Gordon



portant for the parents to serve their baby that particular type of food in a dish and not to just feed their infant the baby food from out of the jar that it originally came from. Through feeding using just the baby food jar and a spoon, if the remaining food in the jar is saved, it will result in the remaining baby food to spoil at a fast rate, since it is likely that while the parents fed, some of their baby's saliva got in the jar. It is advised the parents should use a dish to feed their infants baby food, and if their baby doesn't finish all of it, then any leftovers should just be thrown away. If a baby jar still has food in it that didn't come in contact with the baby, then it can be refrigerated and the food it inside will last for two more days before it spoils.

Babies at 6 months mostly learn how to eat smooth or pureed foods, but once they accomplish mastering those kinds of foods, they can move on to trying foods with a mashed texture and then they can go on to eat foods that are finely chopped. As babies reach the age of being 8 to 10 months old, most are able to eat finely chopped foods. On a endnote, some guidelines of appropriate foods for 8 to 10 month old babies include that the food should have the ability to soften up quickly in a infant's mouth, the food should be served to the baby in tiny pieces, and the foods that have peels, skin or seeds in them should all be removed from the food before it is served to the baby.

Appropriate solid foods for 8 to 10 month babies:

- Soft, chopped bananas
- Graham Crackers
- Cooked, chopped carrots
- Mashed squash
- Puffed breakfast cereal
- Cottage Cheese



Foods that are a choking hazard for 8 to 10 month old babies:

- Peanut butter
- Hotdogs and sausages
- Pieces of cheese or string cheese
- Round shaped fruits, examples include blueberries, grapes, cherries, and etc.
- Warm sticky breads that have the tendency to "ball up"
- Pieces of meat and chicken

Let your food be your medicine, and your medicine be your food.



Great American Smoke out

The American Cancer Society marks the Great American Smoke out on the third Thursday of November each year by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By quitting — even for one day — smokers will be taking an important step towards a healthier life — one that can lead to

reducing cancer risk.

Tobacco use remains the single largest preventable cause of disease and premature death in the US, yet about 42 million Americans still smoke cigarettes — a bit under 1 in every 5 adults. As of 2012, there were also 13.4 million cigar smokers in the US, and 2.3 million who smoke tobacco in pipes — other dangerous and addictive forms of tobacco

THURSDAY, NOVEMBER 20, 2014

GREAT AMERICAN SMOKEOUT DAY

Come to the clinic for a Challenge if you are a smoker and looking to stop smoking

About 1 in 5 US adults smoke cigarettes. And nearly 16 million people smoke tobacco in cigars or pipes. Lung cancer is the leading cause of cancer death for men and women. About 87% of lung cancer deaths are thought to result from smoking. Smoking also causes cancers of the larynx (voice box), mouth, pharynx (throat), esophagus and bladder. It also has been linked to the development of cancers of the

pancreas, cervix, ovary, colon/rectum, kidney, stomach, and some types of leukemia. Cigars and pipes cause cancers, too. Smoking is responsible for nearly 1 in 3 cancer deaths, and 1 in 5 deaths from all causes. Another 8.6 million people live with serious illnesses caused by smoking.

Fortunately, the past few decades have seen great strides in changing attitudes about smoking, understanding the addiction, and learning how to help people quit. Today, the

American Cancer Society Great American Smokeout is celebrated with rallies, parades, stunts, quitting information, and even “cold turkey” menu items in schools, workplaces, Main Streets, and legislative halls throughout the US.

GREAT AMERICAN SMOKEOUT
“Resolve to live smoke-free”



How does your body recover after certain amounts of time?

20
minutes



Your heart rate and blood pressure drop.

12
hours



The carbon monoxide level in your blood drops to normal.

2 - 3
weeks months



Your circulation improves and your lung function increases.

1-9
months



Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1
year



The excess risk of coronary heart disease is half that of a continuing smoker's.

5
years



Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

10
years



The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.

15
years






The risk of coronary heart disease is that of a non-smoker's.



November 2014

Sun Mon Tue Wed Thu Fri Sat

DAYS CLINIC IS CLOSED WIC PICK-UP DAYS OPTICAL DAYS PUBLIC FLU SHOTS AT THE CLINIC						1
2 Church Bazaar	3 WIC all day Optical 1-4	4 Flu shots 8:30-12:30 1:00-4:00 WIC all day	5 Optical 1-4	6	7	8 Women's Expo 10-6pm
9 Fall Harvest Dinner	10 WIC all day Optical 1-4	11  CLOSED Veterans Day	12 Optical 1-4	13	14	15
16	17 Optical 1-4	18 Flu shots 8:30-12:00 12:30-4:30	19 Optical 1-4	20  Great American Smokeout Day	21 Centering	22
23	24 Optical 1-4	25	26 Optical 1-4	27  CLOSED Turkey Day	28 CLOSED Day after Turkey Day	29
30		WIC Pick up days for <u>December 2014</u> will be: Monday, December 1st and 2nd Monday, December 8th and 9th				

Happening in November in and around our community



Superintendent coffee chat schedule for November 2014

FALL 2014-2015

The School District of Bayfield encourages positive, open and interactive communication with parents, families, and community members. The fall Coffee Chats have been scheduled for the dates and locations listed below. The Chats provide an opportunity for you to share your thought and hear information about the School District of Bayfield. Please join Bayfield Superintendent Dave Aslyn for coffee and conversation.

November 11	Madeline Island Public Library	10am
November 12	Legendary Waters Resort Wii-Kway-Ong Restaurant	10am
November 13	Egg Toss	10am

David Aslyn, District Administrator School District of Bayfield

Garland City Woman's Expo

SATURDAY, NOVEMBER 8, 2014 FROM 10 AM UNTIL 6PM

Lake Superior Elementary School
101 Binsfield Road
Ashland, Wisconsin 54806

FREE ADMISSION
DOOR PRIZES
DELICIOUS FOOD!
LOTS OF FUN!

Also check out the Chick-uamegon Women's ONLY 5K & 10K Walk/Run starting at the Lake Superior Elementary School. NEW this year—20-Mile Bicycle Race!

EVENT SPONSORED BY: Heartland Communications, JET Travel and Tours, Spot Wellness and Memorial Medical Center



Native American Heritage Month



November is Native American Heritage Month. The month is a time to celebrate rich and diverse cultures, traditions, and histories and to acknowledge the important contributions of Native People. Heritage Month is also an opportune time to educate the general public about tribes, to raise a general awareness about the unique challenges Native people have faced both historically and in the present, and the ways in which tribal citizens have worked to conquer these challenges. NCAI (National Congress of American Indians) participates in the DC Native Public Relations Roundtable, a group consisting of public relations professionals from national American Indian and Alaska Native organizations and agencies in Washington, DC area. The group meets monthly to improve communication between groups and its primary function has been to create a more cohesive campaign for Native Heritage Month and to unify the month's schedule of events. The Roundtable group manages the website Native American Heritage Month.org and is hosted by NCAI.

2014 Fall Family Festival

The Red Cliff Community Health Center hosted the first annual fall family festival on September 20, 2014. The day was filled with fun and games; caramel apples, scarecrows, apple cider press, crafts, relay races and much more!

The farm hosted a farmers market with fresh veggies and food demonstrations. Another beautiful fall fun fill day!



*Certain
things
catch your
eye,
but pursue
only those
that
capture the
heart.*



COMMUNITY

Don't Forget to VOTE

Tuesday, November 4, 2014

Polls open 7:00 a.m. till 8:00 p.m.

Town of Russell Garage

RIDES WILL BE PROVIDED

Call the Tribal Administration at 715-779-3700,

8:00 a.m. till 4:00 p.m. after

4:00 p.m. call, Jeanne Gordon at 715-209-4947

Also, the Miskwaabekong Transit is offering **free** rides to get people out to vote, please call: BART dispatch at 715-682-9664

*If you are **not** registered to vote.*

The Tribe will do TRIBAL ID's with your physical address for free until Nov. 4th: ID office hours, M-F: 9:00a.m. - 4:00p.m.

**your VOTE
is your VOICE**



Red Cliff Community Health Center

P.O. Box 529

36745 Aiken Road

Bayfield, WI 54814

Phone: 715-779-3707

Fax: 715-779-3777

The Mission of the Red Cliff Community Health Center is to provide the Highest quality, comprehensive health care in order to promote the health and wellness of the American Indian community. Services are provided to American Indian people and their families, as well as the surrounding communities.

WE BELIEVE that health and wellness services should be provided with professionalism, sensitivity, courtesy, and respect.

WE BELIEVE in advocacy for the improvement of health, wellness, prevention services, and resources.

WE BELIEVE that our efforts should address the physical, emotional spiritual, environmental, and social foundations for health and wellness, to preserve and strengthen cultural tribal identity, now and for future generations.

WE BELIEVE our role as coordinators of all aspects of health care, in partnership with the community.

November 2014

2014 Red Cliff Community Health Fair

The Red Cliff Community Health Center hosted their annual health fair at the new Health Center. There were over 250 participants who enjoyed many interactive booths and activities. We had many vendors with lots of good information. Flu shots, screenings and education were all available. The food was great and the night concluded with some fun raffle prizes!

Thank you all for participating!



My values, our values, aren't about pointing fingers. They are about offering a helping hand.

Elderly Deer Hunt



Friday November 7th
After registration, drop your deer off at Ron Nordin SR's residence on Bishop Lane.

If you have any question contact the